# Peacock Press MAIS AGO

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Start St. Patty's
Day in the
Trident Bar for
our annual

Shamrock Shakedown Friday, March 17 5-7pm

Free games & activities

Come join us for supper in the El Prado Dining Room on Friday, March 17 (5-8pm) and help celebrate St. Patrick's Day when we'll be serving our delicious

## Corn Beef & Cabbage

served with

Herb Roasted Baby Red Potatoes
Fresh Vegetable Medley
Rolls & Butter
Apple Pie
Coffee/Tea/Decaf
\$8.50/plate

Reservations Recommended

Don't forget to stop by the Trident Bar for a mug of our traditional green beer!

For more information about our specials and events, stop by the Trident Room or call 656-2170.

Come enjoy March's Friday Lunch Special in the

El Prado Dining Room!

This month we're serving:

Roast Baron of Beef Carving Station Scalloped Potatoes Vegetable Medley

Just \$5.50 per plate

Served 11am-1pm only. For more info, call 656-2170.



From the kitchen of Chef Hugh Butler comes this month's Wednesday Night Trident Room



(4-9pm) Dinner Special:

## VEAL OSSO BUCCO

Served with
Fresh Garlic Mashed Potatoes
Ratatouille

**\$9.50** per plate

\*Available March 1, 8, 15, 22, 29. For additional information, please call 656-2170.

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## **Peacock Press**

## Adult Flashlight Egg H $ar{z}$ 000000000000000 $ar{z}$

## Friday, April 21 at 6pm in the Trident Room Cost: Free!

Here's your chance to join in the search for the gold and silver egg! We will provide the flashlights, you search for the eggs.

Hundreds of eggs will be hidden containing all kinds of goodies and prizes!

For more information, please call 656-2170 or 656-5232.

**Happy Egg Hunting!!** 

## CLUB DEL MONTE Here's an invitation for you from the

MWR Catering Sales Office:



Make your reservations now for your very special celebration at Club Del Monte!

We can accommodate group sizes of 25 to 900 people with rooms available for intimate gatherings

all the way up to the regal grandeur of the Barbara McNitt Ballroom. Among the many events held here are graduation celebrations, retirements, weddings, receptions, staff and command parties, family gatherings, dances, reunions and much more!

Invite your family, friends and co-workers for a truly memorable time at Club Del Monte! More information is available through the Catering Sales Office at 656-1049.

# WEEKDAY HOT BREAKFAST §



#### NAVAL POSTGRADUATE SCHOOL

RADM R. C. Chaplin Superintendent

CAPT R. L. Buschmann Deputy Superintendent

CECS (SCW) C. S. Mroz Command Senior Chief

Mary D. Aguilar

Director, Personnel and Military Services

> Megan D. Ryan **MWR** Director

Kim Andersen

Food & Beverage Manager

Chrystal J. Harris Financial Officer

**Beth Leone-Mullins** 

Leisure Services Manager

**Cathy Austin** 

Child Development Program Administrator

**Brenda Dye** 

**Newsletter Editor** 

The Peacock Press is a monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in area code 831.

### **MWR ADVISORY BOARD TO MEET** MARCH 1

The next MWR Advisory Board meeting is set for Wednesday, March 1, at 10:00 a.m. in the La Novia Room, Herrmann Hall, Bldg. 220.

All departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR info and to share your command's feedback with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-1049.

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#### MONTEREY BAY ATHLETIC CLUB

#### **CLASSES**

#### Six Pack Attack

Monday & Wednesday 4:30-4:45pm

This FREE class meets in the gym and will sculpt your abdominals. Open to all fitness center eligible patrons.

#### Box Combo

Monday only at 5pm

Bringing fitness to new levels, this class combines traditional step with the hottest fitness craze--CARDIO KICK-BOXING!

#### Step-N-Pump

(1/2 Step and 1/2 Resistance Training)

Tuesday only at 5pm

Check out this intensified cardiovascular workout that incorporates anaerobic intervals and step segments. This class will push your workout into a new zone before the final stretch.

#### Cardio Boxing

Wednesday only at 5pm

Jab, kick and punch your way through your aerobic workout! Feel empowered as you train to improve fitness, strength, agility, balance and body control through aerobic kickboxing.

#### Just Step

Thursday only at 5pm

Step up to a challenging bench class that will give you the intense training effect you've been looking for! Cool down and abdominals complete the work-

#### Yoga

Tuesday and Thursday at 12 noon Relax, stretch, strengthen and tone! This class is designed to use both your mind and body to reach your fitness goals.

Note: MWR fitness classes do not meet on Federal holidays

#### **CLASS FEES ARE:**

ELIGIBLE PATRONS	AEROBICS DAILY	AEROBICS 8-PUNCH	AEROBICS 12-PUNCH	YOGA MONTHLY	YOGA DAILY
ACT. DUTY/ RESERVIST	\$1	\$6	\$8	\$38	\$5
RETIREE/ FAMILY MEMBER	\$2	\$12	\$18	\$39	\$5.50
DOD CIVILIAN	\$3	\$16	\$24	\$40	\$6

#### Spring Softball Organizational Meeting

Date: Wednesday, March 1

Time: 4pm

Where: Fitness Center, Bldg. 239 Rules, eligibility and league format will be

discussed.

Organizational Meeting Date: Thursday, March 2 Time: 4pm

Spring Volleyball

Where: Fitness Center, Bldg. 239 Rules, eligibility and league format will be

discussed.

#### Spring Flag Football

Organizational Meeting (Back by popular demand!)

Date: Friday, March 3

Time: 4pm

Where: Fitness Center, Bldg. 239 Rules, eligibility and league format will be discussed.

#### YOUTH SPORTS

#### Youth Baseball Registration

Where: MWR Youth Center (in La Mesa Housing) When: February 28 – March 24, weekdays from

8am-5pm.

Fee: \$30.00 per player

Eligibility: This league is open to family members of active duty military, reservists, retirees and DoD civilians employed at Naval Postgraduate School and tenant commands.

#### League Age Groups:

Pre-T Age 4 T-Ball Ages 5 – 6 Minors Ages 7 - 9 Majors Ages 10 – 12

#### Skill Assessment:

Saturday, March 25 from 10am-12noon for minor league players only. Team practices will begin the week of April 3. Games begin week of April 17. Volunteers Needed! Volunteers play a vital role in the success of this program. If you or anyone you know is interested in coaching, please contact the MWR Youth Center at 656-2127.

#### **BICYCLE RENTALS**

The Monterey Bay Athletic Club has adult sized bicycles available for rental by fitness center eligible patrons to meet their transportation needs or for recreational riding.

Two kinds of bikes are available for rental- street bikes and six speed bikes. Rentals

are conducted on a daily, weekend, weekly or monthly basis. All rentals include the use of a

bicycle safety helmet, lock and chain. Bicycle rental prices are:

BICYCLE	DAILY	WEEKEND	WEEKLY	MONTHLY
STREET	\$8	\$12	\$34	\$96
6-SPEED	\$10	\$15	\$42	\$120

Individuals wishing to rent a bicycle need to fill out a rental agreement and pay in advance for their rental at the fitness center, Bldg. 239. For more information about any of these programs, please call the fitness center, 656-3118.

#### ?JazzAmaTazz & JazzAmaTazz for Tots

These exciting classes introduce energetic, young students to contemporary jazz dance, a dance form that combines the beauty of classical ballet with the joy, rhythm of Afro-Latin dance! Using child-friendly music with a beat, games and props, classes will warm up, stretch, learn basic positions, turns and leaps, isolations, simple percussion rhythm work, and choreography. Lots of dancing- lots of fun! JazzAmaTazz is for boys and girls ages 4-6 years. The session cost is \$25 for family members of active duty and reservists and \$27 for family members of DoD Civilian. JazzAmaTazz meets Monday afternoons from 2:30 to 3:30pm at the CDC and every Thursday morning from 10-11am in the NPS Multipurpose Room (MPR), Bldg. 239. JazzAmaTazz for Tots meets Wednesday afternoons from 2:30 to 3:00 p.m. at the Child Development Center and on Fridays (9:45-10:15 a.m.) in the MPR, Bldg 228. The age grouping for this fun, new class is 2 to 3 years. The session cost is \$15 for family members of active duty and reservists and \$17 for family members of DoD Civilians.

#### Upcoming session dates are:

JazzAmaTazz (4 – 6 Years) at CDC\* Monday's 2:30-3:30pm

Session # 5: March 6, 13, 20 and 27

#### JazzAmaTazz for Tots at CDC\* Wednesday's 2:30-3pm

Session # 5 March 1, 8, 15 and 22 \*Child Development Center (La Mesa Village)

#### JazzAmaTazz (4 – 6 Years) at MPR\* Thursday's 10-11am

Session # 5: March 2, 9, 16 and 23

#### JazzAmaTazz for Tots at MPR\* Friday's 9:45-10:15am

Session # 5: March 3, 10, 17 and 24 \*Multipurpose Room, Bldg. 228, NPS

Register at the Child Development Center for classes held there and at the Fitness Center for classes held in the NPS MPR, Bldg 228. For additional info and session dates, please call 656-3118.

#### <u>AQUATICS</u>

#### **Summer Jobs**

Water Safety Instructors (WSI's) and lifequards

(LG's) are still needed for our 2000 summer season. If you or anyone you know is

interested in teaching swim lessons, being a lifeguard, and/or obtaining your WSI or LG certifications, please call the Roman Plunge Swimming Pool at 656-2275.



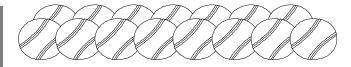
## INFORMATION TICKETS & TOURS

Open Monday-Friday 9:30am to 4:30pm

Closed Weekends & Federal Holidays

Military or DoD identification cards are required for all purchases.





#### BASEBALL TICKETS

Oakland Athletics weekend game tickets will go on sale this month. Check with ITT for more details. Due to changes in the San Francisco Giants ticket policy, ITT is sorry that the office will not be handling Giants season tickets this year. Check with ITT for more information at 656-3223.

#### GREAT AMERICA TICKETS

Paramount's Great America will open its gates on Saturday, April 1 through October 2000. Northern California's biggest thrill park offers nine wild coasters, entertaining shows, dining and family fun. New for 2000



is the STEALTH, the world's first true flying coaster. Little ones will enjoy KidZville with Yogi Bear and Scooby-Doo. Visit ITT for information on discount admission tickets.

#### **MONTHLY BUS PASSES**

If you are an employee (military or civilian) of the Naval Postgraduate School and you ride the bus to work, ITT can save you money. Monthly



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Peninsula passes are \$40.50 and All Zone passes are \$81.00. Just pay for your pass by the 21st of each month and ITT will order a pass for you. Check with ITT for more details.

#### NEW MOVIE DISCOUNT TICKETS ON SALE

ITT has discount tickets for Resort Theatres (Galaxy Six, Lighthouse and Crossroads Theatres). Discount tickets are \$5.50 each. Normal purchase eligibility requirements apply. For more information, inquire at the ITT Office, Bldg. 220 or call 656-3223.

## NOTICE TO TICKET BUYERS:

Vendors have the right to ask for military ID. Patrons purchasing amusement park tickets as gifts run the risk of having the ticket holder denied entry at the gate. Patrons may take non-military/DoD guests along, but the rule of thumb is 50% of each party having military or DoD ID cards and 50% without. Check with ITT before you buy.

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	UPCOMING ITT TOURS	
MAR 4	NHL GAME: SAN JOSE SHARKS VS. CAROLINA HURRICANES	\$45
MAR 11	SAN FRANCISCO GET ACQUAINTED	\$20
MAR 18	EGYPTIAN MUSEUM	\$20
MAR 25	SAN JOSE TECH MUSEUM & IMAX (DISNEY'S FANTASIA)	\$30

### SPRING TRAVEL FAIR

The Spring Travel Fair will be held on Wednesday, April 26 in the Barbara McNitt Ballroom from 11am-1pm. ITT has invited several representatives from area attractions, travel agencies, museums, hotels and amusement parks. So mark your calendars and we'll see you there! Check with ITT for more details or call 656-3223.

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#### YOUTH BASKETBALL

Come watch the La Mesa Youth Basketball teams battle the teams of Porter Youth Center, Presidio of Monterey (POM) Annex. Games are held on Saturdays through March 25 at the Porter Youth Center located on North-South Road on POM Annex. For schedule info call 656-2127.

### YOUTH BASEBALL

See page 3 of this newsletter for current information.

#### NUTRITION MONTH

March 1-24, 2000

The Youth Center SAC program children are encouraged to bring in all of their favorite recipes to be placed in their first School Age Care Cookbook.



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## **ALIEN ADVENTURES**

Spring Break Youth Day Camp March 13-17 & 20-24

Open to Youth, Ages 6-12 (grades 1-6)

- Day Camp hours are 9am-5pm.
- Wrap around child care is available from 7:30 to 9am and from 5 to 6pm. Please ask for details when you register your child.
- Camp fees based on sliding fee scale.

On our extraterrestrial extravaganza we'll search for amazing advanced life forms and explore the edge of the universe! Register your camper early for this supersonic space mission filled with unidentified flying fun! Spaces are limited. Call 656-2127 for additional information.



#### CHILD DEVELOPMENT CENTER (CDC) AND PROGRAM

Our child care programs offer developmentally appropriate services for children from six weeks through five years. Full-time care is offered between the hours of 7:30am and 5:30pm. Our Part-Day Preschool classes are available for children 3-5 years in either two or three morning per week sessions from 9-11:30am. Hourly child care is offered on a space available basis. Currently, we have openings for kindergarten age children with care offered before and after the p.m. kindergarten classes for children enrolled at La Mesa Elementary School.

Our center is located in La Mesa Village next door to La Mesa Elementary School at 2 La Mesa Way. For more info about the Child Development Program, please call 656-2734.

#### **FAMILY CHILD CARE**

If you live in La Mesa AND would like a rewarding 'at home' career, you may want to think about Family Child Care. We are happy to assist you with the Family Child Care certification process as you learn about child development, CPR and First Aid, fire safety, home sanitation, and child abuse awareness. We have just certified two new Family Child Care providers in the La Mesa housing area. Both providers are offering hourly care. Information about available care providers and our Family Child Care Program is available at the CDC.

# DEVELOPMEN

Family members living in La Mesa housing providing child care on a regular basis for more than ten (10) hours per week, MUST be certified through the Family Child Care Program.

For more info about the Child Development Center's programs, please call 656-2734.

> Month of the Military Child Kick-Off Saturday, April 1 from 9-11am

#### PJ's and Pancakes Concert with MaryLee

The CDC children are invited to join us at the Center with your PJ's on and ready to flip some pancakes! Once our tummies are full, we'll have some clowns to entertain us and MaryLee will bring her guitar and sing some silly songs with us! The CDC will host special luncheons for parents throughout April-check your child's classroom for dates and times.

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## **Peacock Press**

\$12/hr.

\$12/hr.

\$12/hr.

\$12/hr.

\$12/hr.

\$12/hr.

\$12/hr.

\$12/hr.

\$14/hr.

Wed./Thurs.

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\$14/hr.

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Fri./Sun.

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\$14/hr.

Fri./Sun.

\$17/hr.

Fri./Sun.

Fri./Sun.

Fri./Sun.

Fri./Sun.

Fri./Sun.

Fri./Sun.

Fri./Sun.

MEET THE FLEET

These sailboats are available for

rental at Bluewater Cove Marina.

22ft. Capri

23ft. Ranger

26ft. Excalibur

22ft. Santana

30ft. Shields

30ft. Shields

30ft. Shields

30ft. Shields

30ft. Buccaneer

\$820.00 per



- ? Located at the Coast Guard Pier in historic downtown Monterey.
- Reservations available Wednesday through Sunday, noon to sunset. Please call ahead to make yours.
- ? Nine sailboats are available for eligible patron rental. The marina may be used by active duty military, reservists, retirees and DoD employees. "Check sails" are required for boat safety, to meet local sailing regulations and for

orientation prior to initial sailboat rental.

- Power boat rentals are available through Outdoor Recreation (at DLI). Please call them at 242-5506 for additional information about power boat rentals.
- For marina information, check sails, and sailboat reservations, call the Bluewater Cove Marina boathouse at 656-2159.

#### **Monterey Navy Flying Club**

Located at the Monterey Airport, you will find aircraft rental and professional

flight training in an informal, club-type atmosphere. For more info, call the Monterey Navy Flying Club at 372-7033.

MONTEREY PINES RV

**CAMPGROUND** Monterey Pines RV Campground is

**OPEN YEAR ROUND** and is available

to all active duty, reservists, retirees, family



## calendar year **BLUEWATER**

Lorraine

Small

Wonder

**Antares** 

Serenade

Medora

Storm

Barbara

Harriet

Hanalei II

2000 Racing

Charter Fee

## **Spring Sailing** Classes

Sign up now for spring sailing classes.



### members & DoD civilians. **About Our Park**

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey.) Offered at our park are 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

For advance reservations or more information, call the Monterey Pines Golf Course Pro Shop at 831/656-4029.

DAILY RENTAL FEES		
Eligible Patron	Full Hook-Up	Partial Hook-Up
Active Duty/Reservist/ Retiree/Family Member	\$14/Day	\$12/Day
DoD Civilian	\$16/Day	\$14/Day
Civilian Guest	\$18/Day	\$16/Day

# **COVE MARINA PROGRAM NOTES**

The dates are April 8 & 9, May 6 & 7, and June 10 & 11. The cost is \$60 per student. For more details, call Bluewater Cove Marina. 656-2159.

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# MONTEREY PINES GOLF COURSE

## HOURS OF OPERA-TION

GOLF PRO SHOP 6:30am to 5pm ~ Daily Twilight Golf ~ 3pm to Closing

**MONTEREY** PINES SNACK BAR

#### **Quotable Quote:**

"Golf is like faith; it is the substance of things hoped for, the evidence of things not seen."

> —Arnold Haultain, Canadian Writer 1857-1941

THE PRO'S VIEW:

Hole #8 323 yards, par 4



MONTEREY PINES GREENS FEES		
<b>WEEKENDS &amp; HOLIDAYS</b>		
Military	\$12.00	
DoD Civilian	\$15.00	
Guest	\$25.00	
Junior Military	\$6.00	
Junior DoD	\$7.00	
Junior Guest	\$8.00	
MONDAY-FRIDAY		
Military	\$10.00	
DoD Civilian	\$12.00	
Guest	\$18.00	
Junior Military	\$6.00	
Junior DoD	\$7.00	
Junior Guest	\$8.00	
MID-DAY (1-3pm)		
Military	\$8.00	
DoD Civilian	\$10.00	
Guest	\$15.00	
Junior Military	\$6.00	
Junior DoD	\$7.00	
Junior Guest	\$8.00	
TWILIGHT (3pm-closing)		
Military	\$7.00	
DoD Civilian	\$8.00	
Guest	\$11.00	
Junior Military	\$6.00	
Junior DoD	\$7.00	
Junior Guest	\$8.00	

### **Golf Tournament News**

#### "Scramble at the Pines"

All Military, Active/Retired and DoD Civilians are encouraged to join us each Friday, **starting on April 7th**, from 12 noon until 3pm for a four person nine hole scramble. We will play some golf, compete for prize money, and HAVE A LOT OF FUN!

- ? **Cost:** \$5.00 per person (does not include green fees).
- ? **Team Composition:** Pick your own team or we will pick one for you.
- ? Rules and Requirements:
- 1) Every player must have one drive off the tee used during the round
- 2) Must hole out on each green
- **3)** Must be willing to enjoy the afternoon outdoors
- 4) Management will select which nine holes will be played each week

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## **Peacock Press**

### NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR (NPS) Intranet Events Calendar ~ http://onboard.nps.navv.mil/intra/

**INFORMATION, TICKETS & TOURS** – Herrmann Hall ground floor (Bldg. 220) across from NFCU. Open 9:30am-4:30pm, Monday through Friday. Closed weekends and federal holidays. Phone: 656-3223.

**EL PRADO DINING ROOM** - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed Saturdays and federal holidays. Phone: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45-10:45am Weekdays Hot Breakfast: 6:45-8:30am Weekdays Lunch: 10:45am-2pm Weekdays Dinner: See Trident Room listing below. Champagne Brunch: 10am-2pm Sundays

**TRIDENT ROOM – Herrmann Hall** ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and most federal holidays. Phone: 656-2170.

Hours of Operation:

**Beverage Service:** 4-11pm Monday-Wednesday 3-11pm Thursday & Friday

**Dinner service:** 4-9pm Monday through Friday

**CLUB DEL MONTE / CATERING SALES OFFICE** – Herrmann Hall ground floor across from the Trident Room (Bldg. 220). Open Tuesday through Friday, 8am to 4:30pm. Closed weekends and federal holidays. Phone: 656-1049.

**MWR ADMINISTRATIVE OFFICES** – Herrmann Hall ground floor across from the Trident Room (Bldg. 220). MWR Offices are open weekdays, 8am-4:30pm. Closed weekends and federal holidays. Phone: 656-2432.

**MONTEREY BAY ATHLETIC CLUB** – (Bldg. 239). Hours of Operation: Open Monday through Friday, 5:30am-9pm; Saturday, 8am-5pm; and 10am-5pm on Sundays and most federal holidays. Phone: 656-3118.

**ROMAN PLUNGE SWIMMING POOL** – (Bldg. 210) Seasonal. Phone: 656-2275.

**CHILD DEVELOPMENT CENTER** – La Mesa Village next to La Mesa Elementary School. Open 7:30am to 5:30pm, Monday through Friday. Closed all federal holidays. Phone: 656-2734.

**FAMILY CHILD CARE** – Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

**YOUTH CENTER** – La Mesa Village, Sylvan at Leahy. Open for School Age Care, Monday through Friday, 7:30-8am and 2-6pm. Special camps offered for school breaks (all seasons) & teacher in-service days. Closed all federal holidays. Phone: 656-2127.

**MONTEREY PINES GOLF COURSE** – Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30am-5pm, including most federal holidays. Hours vary seasonally. Phone: 656-2167.

**MONTEREY PINES RV CAMPGROUND** – Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-4029.

**BLUEWATER COVE MARINA** – On the Coast Guard pier, downtown Monterey. Open noon to sunset, Wednesday-Sunday by reservation. Closed all federal holidays. Phone: 656-2159.

**MWR BUSINESS OFFICE** – Herrmann Hall ground floor (Bldg. 220), next door to ITT. Open Monday through Friday , 8am-4:30pm. Closed weekends and all federal holidays. Phone: 656-5234.

**MWR PERSONNEL OFFICE** – Herrmann Hall ground floor (Bldg. 220), through the doorway next to ITT. Open Monday through Thursday, 8am-4:30pm. Closed Friday-Sunday and all federal holidays. Phone: 656-3102.

**MWR MARKETING OFFICE** – Herrmann Hall ground floor (Bldg. 220), through the door next to ITT. Open Monday through Friday, 8am-4:30pm. Closed weekends and all federal holidays. Phone: 656-5235.

**MONTEREY NAVY FLYING CLUB** – At the Monterey Airport. Open daily, 9am-5pm. Phone: 372-7033.

DAYLIGHT SAVINGS BEGINS ON APRIL 2. DON'T FORGET TO SET YOUR CLOCKS FORWARD 1 HOUR.



## Peacock Press

Morale, Welfare and Recreation Department Naval Postgraduate School 1 University Circle Monterey, CA 93943-5000